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CHECK OUT WHAT A NEAR BILLION-DOLLAR DREAM TEAM WOULD LOOK LIKE, AND WHICH CRITTERS ARE KEEN TO FOLLOW IN THE TENTACLES OF PAUL THE OCTOPUS PAGE 7

THE WALK STEADY CREW

From left: Izabela Szelest, Joel Frey and Greg Hain take part in the annual Gutsy Walk for Crohn's and Colitis in Saskatoon on Sunday. An estimated 200 people participated in the fundraiser this time around. Last year, more than $100,000 was raised for Crohn's and Colitis Canada. Inset: Samantha Campbell, left, and Crystal Mackay hold two-year-old Deklan Mytopher's hands on Sunday as they head for the finish line at the Bridge City Boogie, which raises money for various causes. To read more about the Boogie, visit metronews.ca. JACOB MORGAN/METRO

Deported African students return to learn in Sask.

School's back in. Two Nigerian women are back in the province to resume studies at the University of Regina

MARCO VIGLIOTTI
Metro in Regina

Two Nigerian women who spent nearly 16 months fighting deportation from the federal government over student visa violations have returned to Saskatchewan to resume their education this fall.

Victoria Ordu and Ihuoma Amadi are slated to resume their studies at the University of Regina after departing the province last October. Their return to Nigeria followed a lengthy battle against deportation that saw them seek sanctuary at a church.

"It's really exciting," Devon Peters, president of the U of R Students Union, told Metro of the women's return from Nigeria after they were granted permission to come back.

"We saw some fairly large rallies (on their behalf) at the campus, so my sense would be that the general student body will be really excited."

The women landed at Regina International Airport on Saturday night and found a crowd of supporters there to greet them.

"This is good news — hopefully the beginning of a happy ending, and great new lives, for Victoria and (Amadi)," said Ralph Goodale, Liberal MP for the Wascana riding, by email.

"Now that these two young women have this new chance, it's up to them to make the most of the opportunities before them."

The students claim they were unaware their visas prevented them from working outside campus before Amadi took a job at a Walmart outlet and Ordu found employment for an agency that did demonstrations at the store.

After Ottawa ordered them to leave the country, Amadi and Ordu began staying at a Regina church in an effort to avoid being sent to Nigeria.

Meanwhile, U of R students, faculty members and both the Saskatchewan Party and provincial NDP pressed the federal government to scrap the deportation orders.

Despite the high-profile lobbying, the students returned to Nigeria shortly after the beginning of the 2013-14 academic year.

Cowley Road

House severely damaged in blaze

Saskatoon firefighters found the roof of a house engulfed in flames early Sunday morning.

According to the Saskatoon Fire Department, the initial damage estimate at the home at 219 Cowley Rd. is $600,000.

"(There is) fire damage to the roof and water damage to the rest of the house," said battalion chief Mark Degirolamo.

He added that a neighbour called emergency services and alerted those inside the house before crews arrived. No injuries were reported.

Degirolamo said an investigation to determine the cause is continuing. METRO

The house's roof was destroyed by the fire. JACOB MORGAN/METRO

2010 investigation

Suspect charged with two counts of manslaughter

A 29-year-old man from Stony Rapids has been charged with two counts of manslaughter in connection to a police investigation more than four years old.

An RCMP historical case unit charged Michael LaRocque on Saturday in the deaths of Jack Cochrane and Phillip Nighttraveller.

The victims died in a house fire near Uranium City in northern Saskatchewan on Jan. 4, 2010.

LaRocque is scheduled to make a first appearance in provincial court in Prince Albert on Monday.

Police are continuing to investigate. METRO

Big screen debut, sans big bucks

IndieCan 10K Challenge. University of Regina grads tackling ambitious project on shoestring budget

JACOB MORGAN
jacob.morgan@metronews.ca

A group of former University of Regina film students is making its first full-length movie on a most basic budget.

Basic Human Needs is part of producer Avi Federgreen's and IndieCan Entertainment's IndieCan 10K initiative, which has selected seven teams from across Canada to put together debut features for $10,000.

"It basically means that the movie is going to be a lot more dialogue-driven," Matt Yim, the movie's 25-year-old writer, director and actor, told Metro on Sunday.

"The budget kind of inspires everything."

This should suit Yim's script well, as he said the comedy and drama revolve around character development more than plot points.

He explained that the two protagonists — Miles played by himself, and Audrey played by U of R theatre major Laura Abramsen — are a naïve young couple in for a rude awakening after graduating college.

"It's one of those post-adolescent-type of stories about people who kind of want to leave the city," Yim said, adding that most of the film is set outdoors in downtown Regina.

"So the idea of leaving and moving keeps them from having to make any real plans at home."

Although the same crew's 2012 short film April Doesn't Hurt Here was screened at the Toronto International Film Festival's student showcase, 23-year-old producer Allan Roeher said the IndieCan challenge is instrumental in getting the new movie off the ground.

"It's not something that's easily done, to get support behind your first feature," said Roeher.

He added that the project provides mentorship opportunities and backing from sponsors.

"There's more to it than just making a film for $10,000. We have a lot of support behind us by being involved in this," Roeher said.

Basic Human Needs launched an Indiegogo campaign in late May to raise funds and has reached nearly 60 per cent of its goal. The film is slated for completion in December.

Quoted

"There's more to it than just making a film for $10,000. We have a lot of support behind us by being involved in this."

Allan Roeher, 23-year-old producer of the film

WolfCop hits the red carpet

Saskatchewan saw some red-carpet glamour this past weekend when the film WolfCop, which was produced in the province, premiered at the Galaxy Cinema in Regina. Actor Leo Fafard, on the carpet outside the Regina theatre, is interviewed by a television reporter on Friday about his starring role in the comedy-horror movie about an alcoholic police-officer-turned-werewolf. ROSS ROMANIUK/METRO

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Dead soldier's family adopts his best friend

Dino the dog.
Bomb-sniffing canine taken in by family of marine killed while coming to aid of fellow soldier in Afghanistan

A Texas couple has adopted a bomb-sniffing dog that was with their Marine son when he was killed in Afghanistan.

The parents of Staff Sgt. Christopher Diaz adopted Dino after the six-year-old Belgian malinois was discharged from active duty in an emotional ceremony at Camp Pendleton Saturday.

Diaz, 27, was Dino's handler when he killed in September 2011 while rushing to help a wounded Marine during a raid in Helmand province.

After his death, Salvador Diaz asked to adopt his son's constant companion.

The Los Angeles Times said the law permits such an adoption if it will help a family with the grieving process. The adoption went through after the Marine Corps received approval from the secretary of the navy.

Dino had to pass a test developed by military dog trainers to ensure he didn't suffer the canine equivalent of post-traumatic stress disorder after his combat experience.

The test showed Dino has the right temperament to be adopted, said Rich Landgrebe, operations manager for the Marine working-dog program.

Diaz's mother said Dino will have a large backyard and a swimming pool in his new home in El Paso.

"Dino will be our baby," Sandra Diaz said.

Salvador Diaz told KGTV-TV that adopting Dino wasn't going to ease the pain of losing his son.

"We know that he's not going to replace Christopher but what he'll do is give us a little something that Christopher loved, and that was the Marine Corps and that was Dino," he said.

THE ASSOCIATED PRESS

Quoted

"We know that he's not going to replace Christopher but what he'll do is give us a little something that Christopher loved, and that was the Marine Corps and that was Dino."

Salvador Diaz, father of Staff Sgt. Christopher Diaz, killed in Afghanistan in 2011

Dying with distinction

According to military officials, Christopher Diaz was buried with full military honours at Fort Bliss National Cemetery in Texas.

Pakistan tries to cool off as scorching heat envelops country

A boy jumps as people cool themselves off in a canal in Lahore, Pakistan, where temperatures reached 46 C on Sunday. Many cities in Pakistan are facing heat wave conditions with temperatures reaching 50 C in some places. K.M. CHAUDARY/THE ASSOCIATED PRESS

Arizona. State overwhelmed with number of migrant minors living in holding centre

Officials are working to improve conditions at a makeshift holding centre in southern Arizona where immigration authorities are housing hundreds of unaccompanied migrant minors.

A federal official said that mattresses, portable toilets and showers were brought in Saturday for 700 of the youthful migrants who spent the night sleeping on plastic cots inside the Nogales area centre.

The U.S. Department of Homeland Security started flying immigrants in the country illegally to Arizona from the Rio Grande Valley in Texas last month after the number of immigrants — including more than 48,000 children travelling on their own — overwhelmed the Border Patrol there.

The Homeland Security official said the number of children at the warehouse was expected to double to around 1,400. The warehouse has a capacity of about 1,500. THE ASSOCIATED PRESS

Bulletproof. New blanket aims to protect students from disasters at school

An Oklahoma company has created a protective blanket that developers say could give children a better chance of surviving debris from a tornado — or bullets from a 9-mm handgun.

The Bodyguard Blanket, made by ProTecht, is a bullet-proof pad designed to protect students during disasters at school.

Steve Walker developed the pad, The Oklahoman newspaper reported. Walker started on the idea after a massive tornado struck last year in Moore, Oklahoma, killing 24 people including seven children inside an elementary school that didn't have a tornado shelter.

The new material also protects against nails, shards of metal and other sharp objects.

At $1,000 per blanket, he and others with the company say buying one per student would be less expensive than building tornado shelters.

THE ASSOCIATED PRESS

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Search widens for inmates who escaped in helicopter

Brazen jailbreak. Police on alert across Canada, in the U.S., and abroad for three inmates from Quebec detention centre

From left, Denis Lefebvre, 53, Serge Pomerleau, 49, and Yves Denis, 35, are shown in police handout photos. The inmates escaped from the Orsainville Detention Centre in Quebec City Saturday. SURETE DU QUEBEC

The search widened Sunday for three Quebec inmates facing murder charges who used a helicopter to make a brazen escape from jail a day earlier.

Authorities were put on alert across the province, in the rest of Canada, and in the United States, according to Quebec provincial police.

"We have co-operation with all the police forces across the country and abroad also," said Sgt. Gregory Gomez.

"We have many, many officers who are scattering all the areas possible. Investigators are, of course, checking every lead."

Police were reluctant to provide many details about their investigation for fear the escapees could be monitoring media reports. The escapees were identified as Yves Denis, 35, Denis Lefebvre, 53, and Serge Pomerleau, 49.

The men fled from the Orsainville Detention Centre in suburban Quebec City around 7:45 p.m. with the help of a helicopter.

The facility is lined with barbed-wire fencing and features a watch post.

The chopper landed in a courtyard of the detention centre, then quickly took off again heading west, police said. It's the second helicopter jailbreak in the province in 15 months.

The three men were originally arrested on drug trafficking and gangsterism charges in 2010, according to police. Denis is also facing first-degree murder charges, while Lefebvre and Pomerleau are facing charges of murder and conspiracy to murder, according to the Quebec provincial police website.

Police said the men were swept up in a 2010 police operation called Operation Ecrevisse (Project Crayfish), aimed at bringing down a drug trafficking ring in northwestern Quebec.

During the raid, police made 51 arrests and seized $905,000 and 2 kilograms of cocaine, police said. They also seized a plane and a helicopter.

The Quebec escapees hadn't been found by press time Sunday.

THE CANADIAN PRESS

Las Vegas. Man and woman shoot and kill two police officers, another person before killing themselves: Officials

Police officers near the scene of a shooting in Las Vegas Sunday in which two police officers died. ERIC VERDUZCO/THE ASSOCIATED PRESS

Two suspects shot and killed two police officers at a Las Vegas eatery Sunday before fatally shooting a third person and killing themselves inside a nearby Walmart, authorities said.

The spree began late Sunday morning when a man and woman walked into CiCi's Pizza and shot two officers who were eating lunch at point-blank range, Las Vegas police spokesman Larry Hadfield said.

The suspects then fled to the Walmart across the street, where they fatally shot a person inside and then killed themselves in an apparent suicide pact, he said.

"I am devastated by the news today of two officers and an innocent bystander who were murdered in an act of senseless violence," Gov. Brian Sandoval said in a statement.

"My thoughts and prayers go out to the victims and their families."

One of the suspects yelled, "This is a revolution," but the motive for the shooting remains under investigation, Hadfield said.

"We don't know anything about the suspects yet and are trying to learn more," Hadfield told The Associated Press. "I think in any case where people are ambushed and shot it's upsetting to the public."

Clark County Assistant Sheriff Kevin McMahill said the male suspect yelled, "Everyone get out," before shooting at Walmart. The suspects then walked to the back of the store.

Walmart employees and shoppers were taken to a nearby clothing store to be interviewed by police. The restaurant and Walmart remained closed as detectives processed evidence.

Walmart issued a statement saying it's working with police on the investigation.

McMahill said the investigation is "very complex" because it involves more than 1,000 witnesses.

THE ASSOCIATED PRESS

D-Day airdrop re-enacted

Paratroopers are dropped near the Normandy village of Sainte Mere Eglise Sunday during the 70th anniversary commemorations of D-Day. The bronze sculpture Iron Mike is dedicated to the American airborne soldiers who fought on D-Day. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

Inquest. Probe into ER death draws fire

It's been almost six years since Brian Sinclair wheeled into the emergency room at Winnipeg's Health Sciences Centre seeking treatment for a blocked catheter.

Thirty-four hours later, the aboriginal man was found dead in the waiting room.

An inquest into his death is to conclude this week and there is frustration it didn't delve deeper into why many assumed the double-amputee was just a homeless person seeking shelter or a drunk "sleeping it off."

"What's really been missing from the equation is any analysis of the behavioural dynamic — how staff interact with the public, the assumptions that are made and the falseness of some of those assumptions when it comes to marginalized people," said Vilko Zbogar, a lawyer representing the Sinclair family.

"Based on the way (Sinclair) looked, people assumed he was not in need of medical care."

The final week is to include testimony from expert witnesses on how to improve patient flow and reduce long waits for care.

Two aboriginal groups and lawyers representing the family boycotted part of the inquest because Judge Tim Preston rejected calls to examine whether systemic racism played a role in Sinclair's death. THE CANADIAN PRESS

First Nations

Wild dogs cause problems in North

A hockey rink was turned into an operating room last month on a First Nations reserve in Opitciwan, Que., 12 hours north of Montreal, as a team of veterinarians spayed or neutered about 250 dogs.

It's one of dozens of such campaigns that take place each year across Canada's North, where wild dogs have long been a problem in remote communities. Funding and resources, though, are often scarce.

In the span of just over a month earlier this year, a 10-year-old girl and seven-year-old girl were mauled to death by dogs in separate incidents in Manitoba.

THE CANADIAN PRESS

Gunmen storm Karachi airport; 13 dead

Pakistan's fragile security. In a separate incident, suicide bombers kill 23 Shiite pilgrims as they return home from Iran

Gunmen disguised as police guards stormed an airport terminal used for VIPs and cargo at Jinnah International Airport in Pakistan's largest city Sunday, killing at least 13 people as explosions echoed into the night, officials said.

Militants stormed the airport before midnight Sunday and battled for roughly five hours with authorities.

Meanwhile, suicide bombers in southwestern Pakistan killed 23 Shiite pilgrims returning from Iran in a separate incident, underscoring how fragile security is in Pakistan. The attack occurred at a hotel in the town of Tuftan near the Iranian border.

The airport attack was a serious security breach in the country's biggest city.

Heavy gunfire and at least two large explosions could be heard coming from the terminal at Jinnah International Airport as authorities scrambled to secure the area.

Dr. Seemi Jamali from Jinnah Hospital in Karachi said nine bodies had been brought to the hospital at the time she was interviewed.

The doctor said seven were from the Airport Security Force personnel, one was an employee of the Civil Aviation Authority and another was from the state-run Pakistan International Airlines.

A major fire rose from the airport. Officials said the Pakistani military had been called in and police were fighting the attackers as well.

After five hours the siege was over. Authorities seized four machine-guns and a rocket launcher.

THE ASSOCIATED PRESS

Airport siege

"I was working at my office when I heard big blasts — several blasts — and then heavy gunshots." Sarmad Hussain, a Pakistan International Airline employee

Remote area. Deadly flood in mountainous northern Afghanistan

More than 80 bodies have been found after a devastating flash flood in Afghanistan's mountainous and remote north, a provincial official said Sunday, as police and villagers scoured the rugged terrain for missing people.

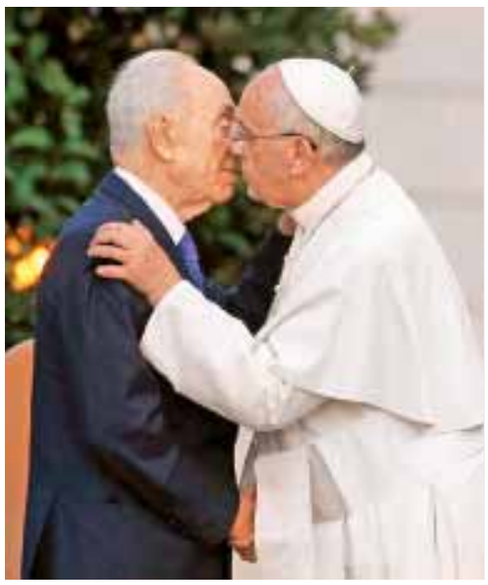
Lt. Fazel Rahman, the police chief in the Guzirga i-Nur district of Baghlan province, said the death toll from Friday's flash flooding had climbed to 81 from 54. The flood destroyed some 850 houses across several villages and damaged more than 1,000, leaving thousands of people in need of shelter, food, water and medicine, Rahman said.

Local resident Sahib Nazar openly wept while recounting his own family's losses.

"I have lost everything: my parents, my wife and five children," he said. "I have buried my mother, wife and three of my children but (am still) looking for my father and two other children's bodies."

Afghans living in the northern mountains have largely been spared from the country's decades of war but are no strangers to devastating natural disasters. Last month, a landslide triggered by heavy rain buried large sections of a remote village in the northeastern Badakhshan province, displacing some 700 families.

THE ASSOCIATED PRESS



Blessed are the peacemakers

Pope Francis and Israel's President Shimon Peres greet each other during an evening of peace prayers with Palestinian President Mahmoud Abbas in the Vatican gardens on Sunday. Pope Francis waded into Mideast peacemaking weeks after the last round of U.S.-sponsored negotiations collapsed. GREGORIO BORGIA/THE ASSOCIATED PRESS

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Egypt's new president vows to crack down on violence

Supporters of new Egyptian President Abdel-Fattah el-Sissi wave his posters in front of the Supreme Constitutional Court in Cairo, Egypt, Sunday.
AMR NABIL/THE ASSOCIATED PRESS

Morsi supporters suppressed. Pro-democracy groups accuse el-Sissi of reviving Mubarak-era police state

New Egyptian president Abdel-Fattah el-Sissi takes his oath of office. THE ASSOCIATED PRESS/MENA

Egypt's newly sworn-in president vowed Sunday that there would be no reconciliation with anyone who had "committed crimes" or "adopted violence" against Egyptians, a thinly veiled reference to the Muslim Brotherhood and other Islamists.

Abdel-Fattah el-Sissi was addressing a gathering at a Cairo presidential palace hours after he was sworn in as Egypt's president before the Supreme constitutional Court.

The 59-year-old career soldier did not mention the Muslim Brotherhood by name or supporters of the Islamist Mohammed Morsi, the president he ousted in July after just a year in office.

Since Morsi's ouster, authorities have staged a massive crackdown against the Brotherhood and other Islamists, killing hundreds and jailing close to 20,000 others. The government has banned the Brotherhood and labeled it a terrorist organization. Islamic militants have in the meantime stepped up attacks against troops and police in the strategic Sinai Peninsula after Morsi's ouster and later took their campaign to the mainland.

El-Sissi also vowed to fight corruption at all levels and appeared to make an overture to the pro-democracy and secular youths, many of whom boycotted last month's presidential election. They accuse the new president of reviving Mubarak's police state, pointing to a law passed last year that restricts protests as well as the jailing of a number of well-known activists.

THE ASSOCIATED PRESS

Five years a prisoner. American PoW claims torture at Taliban hands

U.S. Sgt. Bowe Bergdahl has told people treating him at an American military medical facility in Germany that he was tortured, beaten and held in a cage by his Taliban captors in Afghanistan after he tried to escape, a senior U.S. official said Sunday.

Bergdahl, now 28, was captured in June 2009 after he disappeared from his infantry unit. He was held for nearly five years by Taliban militants.

Bergdahl was returned to the U.S. military in exchange for the release of five Taliban militants from the U.S. military prison at Guantanamo Bay, Cuba.

Military doctors at the Landstuhl Regional Medical Center say that while Bergdahl is physically able to travel he's not yet emotionally prepared to be reunited with his family.

Controversy

Lawmakers, both Republicans and Democrats, who initially praised Bergdahl's release backed off amid questions about whether he was a deserter who walked away from his post.

Some of Bergdahl's fellow soldiers maintain that Americans died during efforts to find and save him.

Also, there is great concern that the high-level Taliban officials will resume activitiers with the Taliban and threaten members of the U.S. military in Afghanistan.

It's unclear when he may get to go home.

THE ASSOCIATED PRESS

U.N. backs Palestinian unity gov't

A United Nations envoy became the first senior international official Sunday to meet with ministers of the new Palestinian unity government in the formerly Hamas-ruled Gaza Strip, assuring them of U.N. support.

Robert Serry's visit to came despite repeated Israeli appeals to the international community to shun the unity government, which is backed by rivals Hamas and Fatah.

The West considers the Islamic militant Hamas a terror group but appears to have accepted assurances by Palestinian President Mahmoud Abbas, the leader of Fatah, that the new Cabinet will follow his non-violent program.

The unity government replaces two separate Palestinian administrations — one in Gaza run by Hamas and the other headed by Abbas in the autonomous parts of the Israeli-occupied West Bank. The split between the long-standing rivals broke open after Hamas overran Gaza in 2007, wresting control there from Abbas.

In addition to the U.N., the United States and the European Union have also said they would give the new Cabinet a chance, provided it is committed to three rules — renouncing violence, recognizing Israel and adhering to previous Israeli-Palestinian agreements.

Meanwhile, Israeli-Palestinian tensions have risen. Last week, Israel announced it is promoting plans for hundreds more apartments in Jewish settlements in the West Bank and east Jerusalem, war-won lands Abbas wants for a Palestinian state, along with Gaza.

THE ASSOCIATED PRESS

Died of wounds

Palestinian women mourn before the funeral of Emad Salem in the northern Gaza Strip on Sunday. HATEM MOUSSA/THE ASSOCIATED PRESS

Palestinian fisherman mourned

Also Sunday, Gaza's Health Ministry said a 51-year-old Palestinian fisherman died from wounds he suffered after his boat was shot at by Israeli forces two weeks ago.

Israel limits how far Gaza fishermen can venture off shore and Israeli naval boats patrol the seas off Gaza's coast to maintain a naval blockade of the territory. It says the blockade is needed to prevent arms smuggling.

The Israeli military on Sunday declined to comment. THE ASSOCIATED PRESS

FOOTBALL FEVER TAKING HOLD

The wait is almost over. The 2014 FIFA World Cup kicks off Thursday and to get you in the game, Metro has you covered with the latest from Brazil.

World-class dollars for dream team

If money were no object, what would the dream team with the costliest World Cup players look like? Just shy of a billion dollars to be precise ($900.8M).

Here is the dream team formed of World Cup players with the highest market values, according to football information website Transfermarkt (based on 4-3-3 team formation):

In goal, Bayern Munich's Manuel Neuer comes out on top. At $52.1M, he tops the likes of Spain's Iker Casillas and Italy's Gianluigi Buffon.

Top defenders include Spain's Sergio Ramos and Brazil's Thiago Silva, both priced at $80.7M. They would be accompanied by German captain Philipp Lahm ($43.7M) and Brazil's Marcelo ($37M).

Top playmakers to stalk the midfield are Spain's Andrés Iniesta and Germany's Mario Gotze, both worth $80.7M. Spanish midfielder Cesc Fàbregas completes the trio, with a value of $74M.

A deep wallet, though, is certainly required to secure solid strikers/forwards. In this case, Lionel Messi, arguably the greatest player on the planet, has a handsome fee of $178.2M. His La Liga rival Cristiano Ronaldo stars with $148M. Brazil's Neymar comes in with a price of $88.8M.

EDGAR SÁNCHEZ/FOR METRO

Animal crackers and best bets

Paul the Octopus (God rest his soul) stole all the headlines in South Africa 2010 for his incredible knack for correctly predicting match outcomes.

Paul was given two different glass cases filled with mussels, each with the flag of a football team. He would then decide the outcomes of the match by which box he ate the food from. In the 2010 World Cup, Paul went eight for eight in his match predictions, including his correct picks in the final and third-place playoff. Here are some other critters keen to follow in Paul's tentacles for the World Cup in Brazil:

The Giant Panda Rescue and Disease Control Center in Dujiangyan, China, have selected two of their offspring to be Paul's heirs. But instead of reaching for mussels, these pandas would have to select between two trees to climb.

In Euro 2012, Krakow-based Citta the elephant forecasted that hosts Poland would beat Greece in the opening game. Unfortunately for Citta, the group game ended in a draw. Last year, Germany-based Nelly correctly chose Bayern Munich to win the 2013 Champions League final.

Fred the ferret from Kharkov in eastern Ukraine tried to guess who's going to win matches by choosing food from plates carrying flags of the competing teams.

Kyiv's psychic pig Funtik was busy predicting results in Euro 2012 before a topless protest by Ukrainian feminist group Femen startled the swine. EDGAR SÁNCHEZ/FOR METRO

PHOTO: THE ASSOCIATED PRESS

Subway strike threatens start to World Cup

Subway workers have entered the fourth day of a strike that has interrupted service at more than 30 stations in the city that hosts the World Cup opening match on Thursday.

Sao Paulo's metro system workers are demanding a salary increase of more than 12 per cent, but the company says that kind of raise isn't possible because fares haven't gone up in the past two years.

A labour court was expected to rule Sunday on whether the strike is legal.

THE ASSOCIATED PRESS

THE WORLD CUP IN NUMBERS

13
Number of teams that took part in the first FIFA World Cup in 1930.

64
Number of matches to be played.

12
Number of host cities they will be played in.

2
Number of World Cup goals Germany's Miroslav Klose needs to score to beat the current record of 15, held by Brazil's Ronaldo.

67
Number of World Cup matches won by record-holders Brazil, who also hold the record for most games played (97).

113
Number of cards given to Argentina during World Cup matches, the most of any team (103 yellow, 1 second yellow, 9 red).

32
Number of teams taking part, including first-timers Bosnia-Herzegovina.

3.7M
Number of people expected to travel around Brazil during the World Cup.

2,000
Tweets-per-second during the last 15 minutes of the 2010 World Cup Final, up from a regular rate of 750 TPS.

4
Hours per day the average Sao Paulo motorist spends in traffic jams.

5.8
Brazil's average annual coffee consumption per person, in kilograms (13th highest in the world).

192
Length in miles of the longest traffic jam ever recorded in Sao Paulo, in November 2013.

73,531
Capacity at Brazil's biggest stadium, Estadio do Maracana, home to two local football clubs, Flamengo and Fluminense.

6.3M
Population of Rio de Janeiro, where the final will be held.

1.4M: Population of Rio de Janeiro's favelas, accounting for 22% of the city's total population.

$11B
Cost of the 2014 World Cup according to the Brazilian government, making it the most expensive to date. South Africa spent $4 billion in 2010, Germany spent $1.6 billion in 2006.

$15
Starting ticket price for a group game, for Brazilians.
$90: Starting ticket price for a group game, for everyone else.

$440
Official starting ticket price for the World Cup final
$6,000: Stubhub starting ticket price for the World Cup final.

$3.03B
Estimated revenue generated by World Cup-related tourism.

600,000
Number of foreign visitors expected for the World Cup.
55,400: Number of hotel rooms in Rio de Janeiro.

$460
Average cost a night of a Rio hotel room during the World Cup.
$100: Average cost a night of a private room in a Rio favela during the World Cup.

46.4%
Percentage of the world's population, or 3.2 billion people, that tuned in to the 2010 World Cup from home.

$7.6B
Amount the 2010 World Cup cost the British economy in lost productivity. The U.S. lost $121.7 million.

6
Number of cities hosting World Cup games that are on the world's 50 most murderous cities list. They are Fortaleza, Natal, Salvador, Manaus, Recife and Belo Horizonte.

32
Average high temperature (Celsius) in Manaus in June, with up to 99% humidity. Manaus will host 4 games in June, including England vs. Italy on June 14 and United States vs. Portugal on June 22.

DATA: SARAH THEEBOOM
GRAPHIC: KATHRYN BRAZIER

Mutual fund success is relative

HOW TO ROLL
Alison Griffiths
metronews.ca

"My mutual funds have been doing great!" extolled a visiting relative, eager to gloat. She pulled out a recent statement and pointed to the six funds in her portfolio.

Based on her initial purchase price and also the average purchase price over time, she is definitely making money. However, my relative certainly didn't have enough information to declare them great.

What was missing? In a word, comparison. Just because a mutual fund cost $10 a unit a year ago and is now trading at $12 (a 20 per cent increase) doesn't mean that the fund is standing on top of the heap.

All her funds are issued by Scotia Asset Management, which is part of Scotiabank where my relative opened her RRSP. One of the funds is called Scotia Canadian Balanced. Just for fun, I decided to take a look.

Online

Want to compare mutual funds? go to Morningstar Canada: morningstar.ca

Despite the name, it has more than 23 per cent invested outside the country. That's not a problem, but a key fact when assembling a portfolio.

My relative starting buying the fund in 2011 and it has been trending steadily upward ever since. So far, so good. Now to the comparison.

Morningstar Canada gives this fund one star out of five. Oops. Over three, five and 10 years it has been in the bottom 12 per cent or so of similar funds.

It also lags far behind the benchmark index. Every fund is compared to an index and every fund manager wants to beat that benchmark. In this case, the comparable index is the Morningstar Canadian Neutral Balanced Index.

Over 10 years, the Scotia fund has produced an average annual return of just over four per cent. But the average of its peers, or the category average, is almost six per cent. And the average index return for the same period is nearly 7.5 per cent annually.

(These returns take into account dividends and interest.)

So, while this fund has made money for my relative, it is far from being one of the top performers. The lesson is this: You can't know if a fund is good or bad until you have the comparative figures.

It's do-or-die time for World Cup advertisers

Brazilian soccer player Anderson Hernandes de Carvalho Viana Lima (known as simply Hernanes) holds the 2014 World Cup official soccer ball, called Brazuca, after it was unveiled in Rio de Janeiro, Brazil, in late 2013. The competition on the pitch has yet to start, but the fight over World Cup consumers is already intense — and no more so than between the athletic companies that are jockeying for their once-every-four-years shot at the ever-growing global soccer market. The players, their boots and kits will be on display for billions across the globe over a month-long window starting later this week. Nike wants to make sure fans notice the swoosh. Adidas? Those three stripes. For Puma, it's that leaping cat. "It's the World Cup. It's do or die. Win or go home," said Adidas merchandise manager Peter Hong, alluding to more than the on-field competition in Brazil. VICTOR R. CAIVANO/THE ASSOCIATED PRESS FILE

Perks, pay and prestige for Silicon Valley interns

Google interns on the Google campus in May in Mountain View, Calif.
BEN MARGOT/THE ASSOCIATED PRESS

Sitting in a kitchen stocked with free food, a handful of 20-something Google summer interns weigh their favourite perks. But where to begin? With bikes, buses, massages, swimming pools, dance classes, nap pods, parties and access to their tech heroes, it's a very long list.

"Unlimited sparkling water?" someone says.

In the end, however, the budding Googlers are most excited about the work.

"The project I'm working on is super high impact, and I'm looking for ways to make my mark," says Rita DeRaedt, 20, studying visual communication technology at Bowling Green State University in Ohio. She admitted to being a bit star-struck after she was assigned to a team headed by a designer she's long admired.

With summer's arrival comes an influx of thousands of Silicon Valley interns. Well-paid and perked, young up-and-comers from around the world who successfully navigate the competitive application process are assigned big-time responsibility at firms such as Google, Facebook, Dropbox and Twitter.

Silicon Valley tech firms pay their interns more than any other sector in the U.S., according to a Top 25 list of 2014 intern pay by online career website Glassdoor.

Palantir Technologies, a Palo Alto-based cybersecurity firm, topped the list with $7,012 US average monthly base pay. Also on the list: Twitter, LinkedIn, Facebook, eBay, Google and Apple, all of which pay more than $5,000 a month, or $60,000 annually if these were full-time jobs.

And that's not counting the perks, which at Facebook even include housing in this high-rent region. THE ASSOCIATED PRESS

Investing in the future

Silicon Valley executives hope that a fun and stimulating summer will motivate interns to come back after graduation to launch careers.

- It's money well spent in a field fighting for talent, says Keck Graduate Institute professor Joel West in Claremont, who hired interns when he ran his own software company, and now helps place students at internships.

Could see a 4.5% cut

Retirees face tough choices in Detroit bankruptcy

Retired Detroit bus driver Art Vardiman recently received a computer disk in the mail that contains hundreds of pages of documents. He also got a six-page blue ballot about cuts to his pension and a white one about health insurance. A 25-page notice explains why the changes are being proposed in Detroit's historic bankruptcy.

Vardiman, 63, and thousands of others must try to make sense of the legalese and complexities of the largest public bankruptcy filing in U.S. history and cast votes that will affect how much they will earn for the rest of their lives.

Detroit's bankruptcy is at a critical stage after the Michigan legislature last week approved a $195-million US lifeline to help prevent steep cuts in Detroit's pensions and the sale of city-owned art. With Gov. Rick Snyder expected to sign the measure this week, attention now turns to the tens of thousands of creditors, especially 32,000 active, former or retired employees, who have until July 11 to vote on the city's plan to shed $18 billion US in debt and become solvent again.

The stakes are great — and painful. General retirees — trash haulers, mechanics, janitors, clerks — would see a 4.5 per cent cut in their pension and the elimination of annual inflation payments. In addition, some who received generous annuity returns from the pension fund, even in awful market conditions, would be forced to give back as much as 20 per cent. Detroit insists the cuts will be even worse if the plan is rejected. THE ASSOCIATED PRESS

Retired Detroit bus driver Art Vardiman holds documents with info about cuts to his pension. THE ASSOCIATED PRESS

Employment

It's one step forward, one step back for Canada's job market

Canadians could be forgiven for turning a little green with envy over the surge in employment occurring south of the border.

After leading the Western world in job creation in the years following the recession — as the Harper Conservative government is fond of reminding the public — the past year and a bit has not been so good.

The pattern has become familiar. On the first Friday of each month, Statistics Canada issues a report showing the economy gained or lost several thousand jobs, making up for the several thousand that were lost or gained the previous month. With one step forward and one step back, Canada's labour market has largely stalled over most of the year.

Meanwhile, the U.S. Labor Department tables another strong employment report.

THE CANADIAN PRESS

FINDING PEACE AFTER MONCTON

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

After paralysis gripped the city of Moncton, N.B., this past week following the fatal shootings of three RCMP officers, a witness described Justin Bourque as a man who would "always joke around about how, 'You know if I ever go, I want to go out with a big bang.'"

Police spent 31 hours searching for Bourque in Moncton during and after his alleged rampage.

The 24-year-old is suspected of making his way on foot around the small city with an M-14 semi-automatic rifle and a pump-action shotgun.

The entire city was locked down. In addition to the fatalities, two Mounties were injured.

All in the name of what?

The tragedy brings back memories of the incident in 2005 that left four RCMP officers shot dead in the ambush by James Roszko, who later killed himself.

In Saskatchewan, the story hits hard.

All RCMP officers have, at some point, called Regina home.

All who wear the red serge complete their training at Regina's Depot Division.

These slain officers crossed Saskatchewan soil, eager to begin their careers.

Sgt. Pharanay Jaques of Depot says everyone at the RCMP's training facility has a heavy heart following the Moncton killings.

Regina police are offering sympathy to the victims in Moncton.

Supt. Lance Dudar points out that the city force has a long-standing, sturdy relationship with the Mounties.

RCMP have confirmed the identities of their fallen members as:

• Const. David Ross, 32, from Victoriaville, Que. Ross, a police dog handler, leaves behind a wife, who is six months pregnant, and a young son.

• Const. Fabrice Georges Gevaudan, 45, from Boulogne-Billancourt, France. Gevaudan was posted to the Codiac RCMP detachment in 2008.

• Const. Douglas James Larche, 40, from Saint John, N.B. In 2008, Larche received a Commander's Commendation for saving the life of a baby in Moncton.

The two injured officers are Const. Darlene Goguen and Const. Eric Dubois.

For Moncton's approximately 70,000 residents, and for Saskatchewan and the rest of Canada, the grieving has begun. Healing will follow.

May we all find some peace.

Christina Cherneskey is news director at 620-CKRM in Regina

WE ACT:
CANADA DOES GOOD

Volunteer's advice: 'Doing things for people is what really counts'

Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:

Who: Hector Marois, a volunteer with Unit 9Y, a short-term palliative care unit at the Covenant Health Edmonton General Continuing Care Centre

Why: "(Volunteering) is a privilege. If it's something you can do, you will get such a blessing out of just doing the little things. Doing things for people is what really counts."

What: Hector's lifelong passion for volunteerism began more than 25 years ago when his wife's aunt was in the hospital. Every evening for years, he would visit her to help with her supper, befriending other patients and their families as he came and went. When she passed away years later, the desire to help had become a part of him. Now he spends five days a week volunteering at Unit 9Y, delivering breakfast trays to patients, helping new patients and their families learn about services they can access, and being a friend to help with the little things to offer comfort where he can. However, each year he does take one week off — to volunteer as camp director for senior citizens.

Hector Marois volunteering as Santa Claus. CONTRIBUTED

Day in the volunteering life

"Sometimes I just sit with them and hold their hand. They may not respond, but they just feel the comfort that somebody is there with them in the room."

Hector Marois

What does your average day look like?

"I sometimes take people for a ride in their wheelchair or a walk outside.... Sometimes I sing to people! I'm not a singer but I do a little singing with them. Sometimes I even get to pray with them and that's wonderful."

What's your favourite story from your time as a volunteer?

"Have you got all night? There's a thing that we do, both my wife and I, at Christmas time. We visit about 13 different units in the hospital as Mr. and Mrs. Claus. My wife stands by the phone and if there are any little children in, she will call me and I let the children talk to Mrs. Claus up at the North Pole."

CRAIG AND MARC KIELBURGER

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In this issue, you can find AR enhancements on page 14 in Sports

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MetroTube

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Never missed a beat

REBECCA WILLIAMS
readers@metronews.ca

Playing Frisbee takes a certain amount of skill and co-ordination. It is a flying disk headed straight towards your head, after all. What else takes a certain amount of co-ordination? Playing drums. There are sticks and pedals to keep straight, while somehow keeping the beat steady for everyone else.

Sure, they don't seem related, but when Weezer drummer Patrick Wilson put these two together at a recent show in Florida, he may have just started a new trend. Scan the photo with your Metro News app to watch a video of Wilson's nifty trick. Anyone up for a game of Drumbeeing? (_lindsayhxo_/Instagram)

ETHAN MILLER/GETTY IMAGES

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Future's feeling timeless with a disc full of 'classics'

Forward thinking.
Atlanta rapper never said he was humble, just that he was Honest

NEIL MARTINEZ-BELKIN
Metro World News

Future has only been on tour a short while, but it's already taking a toll on him. "It's really ripping my voice apart," he croaks through the phone while en route from Detroit to a show in Rochester, New York last week.

Future's hoarse pipes are not the only concern on his mind. The 30-year-old Atlanta rapper says being on tour is also doing a number on his heart.

"Yeah, I want to be home with my son," he says of the boy that his famous fiancée Ciara gave birth to three weeks ago. "But this is just something I have to do at this time.

The 45-date tour, which will keep him away from home until mid-July, is in support of Honest, his sophomore LP, which arrived in March via Epic Records. Powered by the hypnotic posse cut Move That Dope, and I Won, which features Kanye West, Honest is Future's most well-rounded body of work to date. Its songs transition seamlessly between curb-stomping street anthems and earnest moments of reflection, all through Future's signature autotune-filtered vocals.

This isn't necessarily new territory for Future, who took a similar approach on his 2012 debut Pluto, but now he seems to have mastered the formula. And he's not shy about his achievements.

"I knew I could make hit records, but I wanted to make sure I had a complete album," he says, "And sequencing the album was a really big part of that. Honest is a timeless album. People are going to look back like, 'Man, he had so many classics on there."

Future says fans will witness the full range of his talents when he takes the stage, performing his classic mixtape cuts in addition to songs off the new album. He got a taste of life on the road, warming up crowds on last year's Would You Like a Tour? tour with Drake, who also guests on Honest.

"I know every market now, and I know what each one wants to hear," says Future. "It's going to be a party more than a concert, and I'm just going to hit them with jam after jam. Smash after smash."

Honest also features bold-faced guest spots from the likes of Andre 3000, Pharrell, Wiz Khalifa, and Lil Wayne, but one of the clear highlights is the Metro Boomin-produced I Won, where Future and Kanye West trade verses about their celebrity fiancées (or then-fiancées), Ciara and Kim Kardashian.

Future and Ciara were unable to attend the high-profile nuptials of Kimye in Florence earlier this month, though he says they'll certainly get the invite to his own upcoming wedding.

"Of course they will," he laughs. "They invited us, but I was on tour and with the baby. We just couldn't make it. But congrats to Kanye, man."

Future is currently on tour in support of his latest album, Honest. GETTY IMAGES

If I do say so myself

"People are going to look back like, 'Man, he had so many classics on there.'"

Future
on his new album

Canadian dates

Future's current tour will head to Canada starting July 4. Check out futurefreebandz.com for more info.

Ebooks

Maleficent: The Official Multi-Touch Book

By. Walt Disney Studios

iBooks

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A refreshing acknowledgement of the fairy tales behind Walt Disney films, this Maleficent tie-in includes a copy of Charles Perrault's 1697 version of Sleeping Beauty and a timeline going back to the original 1330 tale, Perceforest. Galleries, pop-up facts, and videos reveal the wizardry of effects and characters used to develop a villainous backstory for Angelina Jolie to revel in.

Box office

The Fault in Our Stars trounces Tom

With a $48.2 million US debut, the young-adult romance The Fault in Our Stars thumped the Tom Cruise action film Edge of Tomorrow at the weekend box office. According to studio estimates, Fault easily topped the big-budget Edge of Tomorrow, which took in $29.1 million. Despite good reviews, the sci-fi thriller was no match for the highly anticipated adaptation of John Green's popular book. THE ASSOCIATED PRESS

Cheadle's the latest celeb asking for spare change

To finance Miles Ahead, a feature on the legendary jazz musician Miles Davis, Don Cheadle has launched a campaign on Indiegogo, becoming the latest filmmaker to appeal to crowdfunding for a passion project.

"Most studios don't make these kinds of movies anymore, so we are doing it independently," Cheadle said.

The Hollywood star — who plans to produce, direct and star in the project — follows in the footsteps of a handful of other directors who have turned to crowdfunding in recent years.

While Cheadle intends to make Miles Ahead primarily with his own personal funds, he is hoping to raise an additional $325,000 from supporters on Indiegogo.

In April 2013, actor and director Zach Braff turned to Kickstarter to finance his second feature, Wish I Was Here.

"There are money guys willing to finance the project. But in order to protect their investment, they're insisting on having final cut," explained the former Scrubs star in a video on his reasons for turning to crowdfunding.

On top of the satisfaction of having contributed to the film on the big screen, supporters often enjoy exclusive privileges when crowdfunded projects get off the ground. These range from goodie bags to private screenings depending on contribution levels. AFP

Kickstarter for the rich

Junction, a platform described by the Guardian as "Kickstarter for the rich," allows filmmakers to raise funds for features that have already been greenlighted. Among the projects recently opened to investors through Junction are an adaptation of Dave Eggers' A Hologram for the King starring Tom Hanks, as well as Triple Nine, which stars Casey Affleck, Kate Winslet and Aaron Paul.

Actor Don Cheadle ROBYN BECK/AFP

Tracy Morgan

Trucker charged in crash that injured Tracy Morgan

Actor and comedian Tracy Morgan and two members of his entourage were in critical condition Sunday, a day after a tractor-trailer rammed into his chauffeured limousine bus, setting off a deadly chain-reaction pileup.

The former Saturday Night Live and 30 Rock cast member was returning from a standup comedy show in Delaware early Saturday with six others when the limo bus overturned on the New Jersey Turnpike near Cranberry Township, killing Morgan's mentor and fellow comedian James "Jimmy Mack" McNair. A Wal-Mart truck driver was charged with death by auto and four counts of assault by auto.

Jeffrey Millea, 36, of Shelton, Conn., and comedian Ardie Fuqua Jr., 43, of Jersey City, were listed in critical condition along with Morgan at Robert Wood Johnson Hospital, hospital spokeswoman Zenaida Mendez said Sunday. Another comedian, Harris Stanton, was treated and released from the hospital Saturday.

The truck driver, 35-year-old Kevin Roper of Jonesboro, Ga., apparently failed to slow for traffic ahead and swerved at the last minute to avoid a crash, the Middlesex County Prosecutor's office said.

Instead, the big rig smashed into the back of the Mercedes limo bus, prompting a chain-reaction crash with a second tractor-trailer, an SUV and two cars, authorities said. No one in the other vehicles was injured.

So far, there is nothing to suggest Roper fell asleep or was dozing, state police Sgt. 1st Class Greg Williams told The Associated Press.

Roper, accompanied by his attorney, turned himself in to state police. He was released on $50,000 bail Saturday night, Wal-Mart spokesman David Tovar said Sunday.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Nobody took a wrecking ball to Miley's stolen Maserati

STARGAZING
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Miley Cyrus's stolen Maserati has been found and police say they're looking for a white male in his early 20s wearing skinny jeans. Whew. Guess Justin Bieber is off the hook this time.

James Middleton, the brother of Kate Middleton, has a brand-new business printing Instagram images on marshmallows. He was going to get into making boats for cats, but Britney Spears' sister had that market cornered.

Charlie Hunnam says it was a "heartbreaking choice" to quit Fifty Shades of Grey. And by "heartbreaking" he means "Woo-hoo! Who's the man? Hell yay!"

Gangnam Style reaches 2 billion YouTube views. My mom finally got around to watching.

What makes you feel worse about your life and human life in general? Selena Gomez putting her "starter home" up for sale for $3.4 million, a new show called I Slept With a Celebrity, or Katy Perry releasing Royal Revolution, a fragrance that "is about female empowerment and breaking the rules" and contains blackthorn because it "was known in the Dark Ages for having magical powers."

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So do movie features, sports highlights, celebrity gossip...

LIFE 3

Practise safe shopping with a credit condom or debit dinger

Keep impulse buys at bay. Much like, ahem, another fun activity, hitting the mall is better when you do it with protection

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Have you ever wondered if *how* you pay for something affects how *much* you're willing to spend? Is it harder to part with cash than to slide your credit card through the machine? You betcha!

A study fittingly entitled Monopoly Money in the Journal of Experimental Psychology reveals that shopping with cash discourages spending, while using credit or gift cards actually encourages it.

Researchers Priya Raghubir (New York University) and Joydeep Srivastava (University of Maryland) say that "using a less transparent form of payment, such as a credit card or a gift card, lowers the vividness with which one feels that one is parting with real money, thereby encouraging spending ..."

If you did not have access to credit of any kind — no credit cards, no line of credit, no overdraft protection, no loans — would you be as willing to drop gobs of your hard-earned money on stuff knowing full well you wouldn't be able to pay the rent or mortgage? Or is it the fact that you can defer feeling the pain of payment that lets you convince yourself that you can have that shiny new somethin'-or-'nother?

Don't think Gail doesn't see that look in your eye. She knows you've got a case of the gimmes. ISTOCK

I've worked with a lot of people who whine about how much debt they have. They sigh despondently when they consider that they may never shake free of the burden. But those same people are quite willing to swipe their cards to buy a snappy new pair of sunglasses.

People are always promising themselves that they will stop using their credit cards until their debt is paid off. In the end they're left with a trail of broken promises. If you're prone to forgetting the reality of your financial circumstances when the gimmes grab you, this next idea is for you.

Make yourself a credit card condom, and every time you pull out your credit card you'll be reminded of what you're doing relative to your current financial situation.

What's the magic? A credit card condom is an envelope into which your card slips snugly, which carries a pertinent message to stop you from going further into debt. If you've ever stayed in a hotel, it looks a lot like the sheath they slip your room key-card into. But instead of a logo, your credit card condom will carry a message designed to make you stop and think:

- Do you have the money to pay this purchase off in full when the bill comes in?
- You already owe $2,500 on this card.
- Is this a need or a want?

You'll have to come up with a message that works for you. Perhaps it's a message that reminds you of your goals.

- You're trying to save $2,600 for that trip down south next winter. Will buying this (whatever) get you closer to that goal?
- You're setting up an RESP. Spend now, or use this money to prepare Baby Kris for the future!
- You want to be debt-free in nine months? Instead of buying this, make a payment on your debt!

You can also make your credit card condom something you can use to track how you're doing. Let's say you decide you want to have $1,000 saved for an emergency by the end of the year. Write your goal on your credit card condom. Each time you choose not to spend money on the card, move that money to your emergency fund and add it to your total on your credit card condom.

While you're at it, make yourself a debit dinger (Australian for condom) into which you can slide your debit card so that each time you pull it out to make a purchase you're reminded of something that is more important than blowing bucks on bull.

The point of the credit card condom or debit dinger is to keep you conscious of what you're trying to accomplish so the numbing out that comes with using plastic doesn't happen to you. It will help you to fend off the impulsive purchases by reminding you about what's really important to you. It's shopping with protection!

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Worth 1,000 words

If you need more of a reminder than words provide, create a credit card condom or a debit dinger with a picture of whatever it is you're trying to achieve: A picture of a beautiful house if you're saving for a down payment, a picture of a gorgeous beach if you're setting aside money for a vacation, or a picture of your son or daughter if you're trying to build a school fund.

Want a happy marriage? Catch Zs together

Synchronized sleep. Women who snooze at the same time as their sweetie are more blissful

Whether or not a couple is able to synchronize sleep patterns may be linked to a wife's satisfaction with the marriage, according to a small new study.

"Most of what is known about sleep comes from studying it at the individual level; however, for most adults, sleep is a shared behaviour between bed partners," said lead author Heather Gunn of the Sleep Medicine Institute at the University of Pittsburgh. "How couples sleep together may influence, and be influenced by, their relationship functioning."

Researchers tracked the sleep patterns of 46 couples over a 10-day period. Each participant was asked to assess their relationship.

Results showed that couples were awake or asleep together an average of 75 per cent of the time, and that number increased with the wives' level of satisfaction.

"The sleep of married couples is more in sync on a minute-by-minute basis than the sleep of random individuals," said Gunn. "This suggests that our sleep patterns are regulated not only by when we sleep, but also by with whom we sleep."

Indeed, in 2010, Wendy M. Troxel, assistant professor of psychiatry at the University of Pittsburgh School of Medicine, completed a study that found the presence of a partner indicated better sleep quality for women.

The following year, Troxel embarked on research that found that negative interactions between couples were more likely to occur as a result of poor sleep on the part of the woman rather than the man.

"Wives who took longer to fall asleep the night before reported poorer marital functioning the next day, and so did their husbands," said Troxel. AFP

His snoring could be wrecking your marriage. Research found that couples reported less marital satisfaction the day after wives tossed and turned. ISTOCK

'Round the world wisdom

Don't sweat it when a success leaves you with the sads

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Who is waiting for you across the finish line?

The afternoon after I crossed the finish line in the Gobi March, I lay in an ice bath with my tuque on to reduce my body's swelling from the race.

After a life-changing goal is completed, prep for re-entry in the real world by reining in your support system. ISTOCK

As ultra-runners do, I had consumed excessive amounts of salt while running to retain water and stay hydrated in the viciously hot desert.

As the enormity of ending a five-month project settled in, my emotions were mixed.

I was mentally exhausted, elated to have done well, and humbled by the desert. However, the strongest emotion that took hold of me was a dreadful case of the blues brought on by a rapid comedown.

Before I knew it, I became paralyzed by my emotions.

I was 10,000 kilometres from my family, feeling forlorn. That afternoon, even knowing I had won the 40-49 age category, I had to force myself to attend the closing ceremony. It was as if my brain had been hijacked by a post-partum effect.

When a friend takes on a big project, be it a work or life project or recovering from an injury, we will naturally support them as they go through the journey.

Often though, we forget how that project will change or even transform them and that within hours or days after re-entering their old lives, reality will collide with a harsh, hard place called, 'Now what?'

At the end of a project, re-entry into day-to-day life usually involves make-up time for all that was diverted or invested in the project.

Yet it is also a time when even more buoyancy from support groups is required to help the re-integration.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

The blues in my shoes

I was 10,000 kilometres from my family, feeling forlorn. That afternoon, even knowing I had won the 40-49 age category, I had to force myself to attend the closing ceremony. It was as if my brain had been hijacked by a post-partum effect.

Take the turkey burger with the sweet mango salsa for a fresh burst of flavour

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

Everyone loves a great burger during the summer months, especially when made on the barbecue. But excess beef is not great for your waist or your heart. I love to use ground chicken or turkey for my burgers.

Ground turkey is one of the leanest meats for a burger. Four ounces (125 g) of white ground turkey has only 120 calories, 1 gm of fat and 28 gm of lean protein. By comparison, ground beef has over 200 calories, 13 grams of fat and only 20 grams of protein. The key is to cook your turkey completely to 165 F. Since there is not a lot of fat in turkey, be careful of over-mixing the ingredients, which will toughen the meat.

The mango salsa is a great garnish over these burgers. It's fresh and sweet and complements the turkey so well. Select a ripe, softer mango for the best flavour. I prefer the Indonesian mangoes, which are smaller and sweeter.

Ingredients

- 2 tsp vegetable oil
- 1 cup diced onions
- 1 1/2 lb ground turkey
- 2 tsp crushed garlic
- 3 tbsp barbecue sauce
- 1 egg
- 1/4 cup seasoned dry bread crumbs
- pinch of salt and pepper

Mango Salsa

- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red onion
- 1/4 cup chopped cilantro
- 1 tbsp freshly squeezed lemon juice
- 2 tsp olive oil
- 1 tsp minced fresh garlic

Directions

1. To make the burgers: In a skillet, add oil and onions. Sauté on medium heat until tender, about 5 minutes.

2. Place turkey in a bowl, add sautéed onions, garlic, barbecue sauce, egg, bread crumbs, and salt and pepper and form into 6 burgers. Grill or sauté just until cooked to 160°F (about 15 minutes).

3. While the burgers are cooking, combine the mango, red and green peppers, onion, cilantro, lemon juice, oil, garlic in a bowl. Mix thoroughly. Serve the burgers with the salsa spooned on top.

This recipe serves six. ROSE REISMAN

What do you think of Dwight King's controversial goal? Check out the play from different angles by scanning the image with the Metro News app.

N.Y. behind despite working overtime

Stanley Cup final. Rangers blame two OT losses on missed chances, weak calls

The New York Rangers returned home Sunday with a bad taste in their mouth.

Unable to hold a two-goal lead on three occasions in their 5-4 overtime loss to the Kings, the Rangers had plenty to rue in Game 2 of the Stanley Cup final at Staples Center on Saturday night.

But they were especially upset at a non-call early in the third period when Dwight King scored to pull the Kings to within one at 4-3.

As Justin Williams moved the puck to Matt Greene at the point, the six-foot-four 230-pound King headed to goal as he had done all night. Rangers defenceman Ryan McDonagh engaged him at the top of the blue paint and soon King, McDonagh and goalie Henrik Lundqvist were tangled together like a three-headed octopus.

King somehow managed to tip Greene's shot from the point as Lundqvist was unable to move.

Marian Gaborik scored 5:38 later to tie it at 4-4 and Dustin Brown's tip-in of a Willie Mitchell shot ended the drama at 10:26 of double overtime.

On the wrong end of two overtime contests, the Rangers trail two games to none going into Game 3 Monday at Madison Square Garden.

Asked it was goalie interference on the King goal, a tight-lipped Rangers coach Alain Vigneault said: "Ask the NHL."

Goalie interference is not reviewable under the current rules.

Lundqvist was clearly unhappy, throwing his arms up in disbelief after the goal as he was pinned under King and McDonagh. He talked to the referee during a TV timeout soon after, seeking an explanation.

Lundqvist said after the game that he just wanted consistency, pointing to a goalie interference penalty to Rangers forward Benoit Pouliot in the second period.

"If they don't call that, you can't call what they called in the second period," said Lundqvist, who thought Pouliot had been pushed into Jonathan Quick.

"We have the same play and they score. Like I said, I don't think it's a penalty but you've got to stop the play if the goalie can't move in his crease."

Vigneault tried to look at the positives.

"Both games we had opportunities," he said. "We didn't get it done. We're going home in front of our great fans. We're going to be ready for the next game." THE CANADIAN PRESS

Dwight King of the Los Angeles Kings scores a goal past Henrik Lundqvist of the New York Rangers in the third period of Game 2 of the Stanley Cup final on Saturday in Los Angeles. VICTOR DECOLONGON/GETTY IMAGES

Trying to beat the odds

89.9%

Forty-eight teams have taken a 2-0 series lead since the Stanley Cup final went to the best-of-seven format in 1939. Of those clubs, 43 (89.9 per cent) have gone on to win the Cup, including the 2012 Kings.

Rafael Nadal bites the trophy after winning the final of the French Open against Novak Djokovic at the Roland Garros stadium in Paris, Sunday. Nadal won in four sets 3-6, 7-5, 6-2, 6-4. DARKO VOJINOVIC/THE ASSOCIATED PRESS

French Open. Rafa's reign continues in Paris

Trying to beat Rafael Nadal at the French Open is the toughest task in tennis.

The pressure he applies, from set to set, game to game, point to point, shot to shot. That bullwhip of a high-bouncing, topspin lefty forehand. Those quick-reflex returns that help him break an opponent's serve — and his will.

Doing what he does so well on the red clay of Roland Garros, a surface and site he dominates so completely, the No. 1-seeded Nadal wore down No. 2 Novak Djokovic 3-6, 7-5, 6-2, 6-4 in a muggy final Sunday to win his ninth French Open championship and fifth in a row, both records.

"For me," Nadal said, "playing here in Roland Garros is just unforgettable, forever." THE ASSOCIATED PRESS

Women's title

Maria Sharapova won her second French Open title in three years Saturday, beating Simona Halep 6-4, 6-7 (5), 6-4.

CFL labour talks

New deal a tough sell: Union rep

Selling the new tentative agreement to the CFL's players may be a challenge, Hamilton Tiger-Cats union rep Peter Dyakowski said Sunday.

The players' association and CFL reached a tentative agreement late Saturday night on a new contract. The move averted a potential players' strike and, if ratified, would secure the league five years of peace.

But the CFLPA needed more than four hours Saturday night to sell the deal to its team reps during a conference call. Once news of the tentative agreement broke, many CFL veterans voiced their displeasure on social media.

"You hire a bunch of clowns and you are probably going to get a circus," tweeted Calgary Stampeders defensive back Jeff Hecht. THE CANADIAN PRESS

NBA Finals

Heat head home with series tied up

A couple missed free throws cost the San Antonio Spurs last season's NBA title. A few more misses probably cost them a chance for a 2-0 lead in this year's finals.

Tony Parker scored 21 points and Tim Duncan added 18, but they went 0 for 4 from the foul line in a critical stretch of the fourth quarter.

LeBron James scored 35 points and the Miami Heat evened up the NBA Finals with a 98-96 win on Sunday. THE ASSOCIATED PRESS

NBA

Shelly Sterling to maintain ties with Clippers: Sources

Los Angeles Clippers co-owner Shelly Sterling would remain close to the organization under terms of the pending sale to former Microsoft CEO Steve Ballmer, according to two individuals close to the negotiations.

The individuals, who are not authorized to speak publicly, told The Associated Press the $2-billion deal allows for up to 10 per cent of the team to be spun off into a charitable foundation that Shelly Sterling would essentially run. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Cosmic activity inclines you to believe that everyone is out to get you, that there are enemies lurking behind every door. Maybe there are, but more likely your imagination is playing tricks on you.

♉ Taurus
April 21 - May 21
The more you try to convince people you know what you are doing, the more they disbelieve you! Never mind. You don't need their support to do what must be done. You're tough enough to go it alone.

♊ Gemini
May 22 - June 21
According to the planets you will be too impatient to do the best job you can do, so better to avoid certain tasks than make a mess of them.

♋ Cancer
June 22 - July 23
You don't care in the slightest what other people think of you or of your methods. But today you do need to listen to advice or you could make the kind of mistake that takes a lot of time and money to put right.

♌ Leo
July 24 - Aug. 23
You may find it hard to control your temper today but that's okay. With Venus strong in your chart, loved ones, work colleagues and even employers are likely to forgive you.

♍ Virgo
Aug. 24 - Sept. 23
Today you may be a bit confused about what others expect of you. That's okay, because chances are they don't know themselves. Do what feels right to you, nothing more.

♎ Libra
Sept. 24 - Oct. 23
Where money matters are concerned you would be wise not to take risks. A hunch might pay off but more likely it will put you in a situation where one loss leads to another.

♏ Scorpio
Oct. 24 - Nov. 22
It is inevitable there will be some kind of falling out today but in the greater scheme of things it's not such a big deal. Keep smiling.

♐ Sagittarius
Nov. 23 - Dec. 21
Little things will annoy you more than big things today. By this time tomorrow you will have calmed down but today you'll need all your powers of self-control.

♑ Capricorn
Dec. 22 - Jan. 20
Before getting involved in other people's affairs you should always ask yourself what the chances are of doing more harm than good.

♒ Aquarius
Jan. 21 - Feb. 19
Someone in a position of authority is watching you closely and if they like what they see you will gain in many ways over the coming week. The one thing that may put them off is if you are too rigid in your thinking. As if!

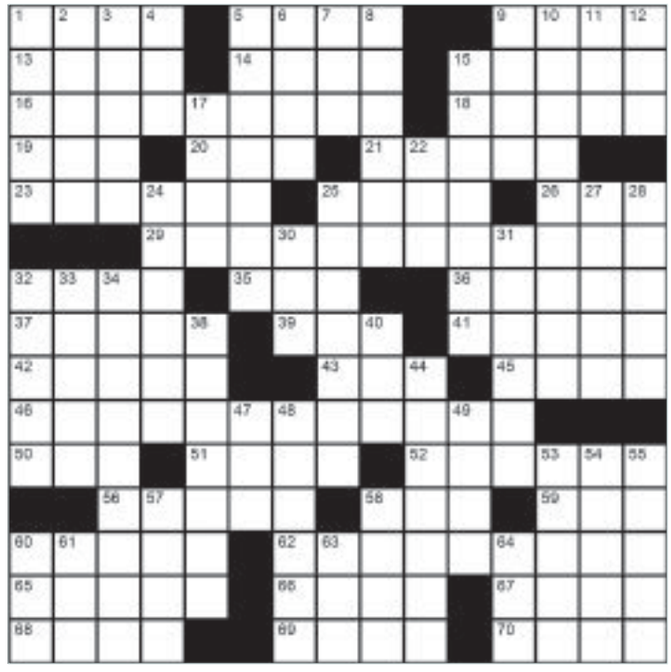
♓ Pisces
Feb. 20 - March 20
Don't waste your time and energy looking for complicated solutions to what are really quite simple problems. Sometimes you read too much into what is taking place around you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

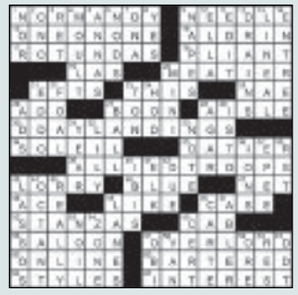
BY KELLY ANN BUCHANAN



Across
1. Brain's frontal __
5. Shape
9. Diminutive suffixes
13. Churchyard = God's __
14. Hawaii happening
15. Ad
16. BC: Queen __ Islands (Haida Gwaii, formerly)
18. Heart's "Crazy __ __"
19. Energy unit
20. U.S. tax org.
21. Tortilla chips dip
23. Deodorant brand
25. 50 Cent's "Just _ __ Bit"
26. 33.3 rpm-ers
29. Pre-Noah flood time, as in Donovan's "Atlantis"
32. Somewhat, in music
35. Ford Explorer, e.g.
36. Electrical pioneer Nikola
37. Bid _ __ farewell to
39. "Way cool."
41. Participate
42. 2 to 1, for example
43. Modern
45. Time __ __ the essence
46. __! __! __! (Kellogg's Rice Krispies characters Snap! Crackle! Pop! ...as they are known in French)
50. Cardinals player's baseball cap letters
51. "Titanic" (1997) star Billy
52. Not casual, as clothes
56. Actor Mr. Bridges
58. Dee's preceder
59. Dynasty of China
60. Barcelona's country
62. Goddess in Tal Bachman's "She's So High"
65. Cavalry creature
66. Actress Sharon
67. Blue dye
68. "M*A*S*H" star Alan
69. Ms. Gaga
70. Grand __, ON

Down
1. Spiked
2. Rusty hue
3. British singer/activist Billy
4. 'Pamphlet' suffix
5. Broccoli 'blossoms'
6. Baseball stats
7. Informer, to an inmate
8. Oatsy dried fruit mix
9. Samovars
10. UELAC = United Empire __' Association of Canada
11. Goth/rock fan
12. Old French coin
15. Contaminate
17. Hold on property
22. Garlic: French
24. Milos __, Canadian tennis star
25. Move ahead
27. Prefix to 'anthropology' (Human-like fossils study)
28. Eat energetically
30. Switzerland's li'l location
31. Italy's city of canals
32. __ nationaux du Canada
33. Work __ __ (Gallery piece)
34. French actress Marion
38. CBC program hosted by Ann-Marie MacDonald: 2 wds.
40. Ant & __ (Hosts of "Britain's Got Talent")
44. Hospital attendant
47. Light beam
48. Broadway tune bit: "..._ __ that jazz."
49. Nabisco treat
53. Farm animal
54. Cannot be changed, __ __ stone
55. Grant
57. Actress Ms. Rinna
58. Actor, __ Michael Murray
60. Na Na's musical need
61. Parliament Hill fig.
63. French-Canadian __ soup
64. Tap on

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9						3	8	
6				1	4		7	
	4							
			3		2	6		
	2	7	4		6	8	1	
		9	5		1			
							2	
	7		9	5				8
	5	6						7

Friday's Sudoku

1	8	7	6	9	3	4	5	2
6	2	9	8	5	4	3	7	1
5	3	4	7	1	2	6	8	9
3	5	8	1	4	7	2	9	6
4	9	6	5	2	8	7	1	3
2	7	1	9	3	6	8	4	5
9	6	2	4	8	5	1	3	7
7	4	5	3	6	1	9	2	8
8	1	3	2	7	9	5	6	4

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